

THE C.U.B.E'S VIRTUAL OVERCOMING DEPRESSION GROUP

9-week group starting December 16, 2021
Thursdays at 3:30pm-4:30pm via Microsoft Teams

AGES
16-25

PLEASE SEND REFERRALS TO
CIERRA SWEET BY 12/10/2021



cierra.sweet@countyofmerced.com

****PLEASE OBTAIN CONSENT
PRIOR TO MAKING REFERRAL****



(209)381-6800 X 3248

This curriculum is an overview of depression, its symptoms, the strategies to overcome the symptoms of depression, and covers how to identify, challenge, and alleviate depressive feelings and thoughts.